

■■■■ 7-Day Peace Practice Worksheet

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Desiderata – Max Ehrmann (1927)

Go placidly amid the noise and haste,
and remember what peace there may be in silence.
As far as possible, without surrender,
be on good terms with all persons.
Speak your truth quietly and clearly;
and listen to others, even to the dull and the ignorant;
they too have their story.
Avoid loud and aggressive persons;
they are vexatious to the spirit.
If you compare yourself with others,
you may become vain or bitter,
for always there will be greater and lesser persons than yourself.
Enjoy your achievements as well as your plans.

Each day, complete the following three steps:

1. Find Your Quiet

Set aside 10–15 minutes of intentional silence — no phone, no TV, no to-do list.
Just sit, walk, or breathe in stillness.

2. Reflect on the Prompt (varies by day):

☐ Day 1: What does peace mean to me today?

☐ Day 2: What's one thing I can let go of?

☐ Day 3: Who brings noise into my life — and why do I allow it?

☐ Day 4: When did I last feel deeply calm?

☐ Day 5: What part of my identity do I miss from my career?

☐ Day 6: What do I want more of in this new chapter?

☐ Day 7: What can I do tomorrow to bring more silence into my routine?

3. Write One Intention for Tomorrow

A simple sentence: "Tomorrow, I will..."